

CONNECTICUT FIREFIGHTERS HEALTH AND SAFETY CONSORTIUM



Self-Administered Physical Fitness Test

The Candidate Physical Abilities Test (CPAT) is **NOT** the standard by which a prospective firefighter should measure his or her ability; it is only considered to be a measure of one's ability to be physically trained. Below is a basic field-level self-test designed as an additional tool for preparation for the rigors of basic firefighter training:

1. RUNNING (cardiorespiratory or VO2 MAX)

Find a measured area to run a 1 ½ mile course and perform a timed run test. This would generally be six (6) laps around a standard outdoor ¼ mile high school or college track.

1 ½ mile run time: _____

2. PUSH-UPS

With only the hands and toes in contact with the floor, (or the "bent-knee position" for females if desired) a push-up is counted when the chest nearly touches the floor (the width of a clenched fist away from the ground), **and** there is a return to the start position **with arms fully extended**.

Push-Ups: _____

3. PULL-UPS

Grab the bar with an **overhand grip and opposing thumb**. A pull-up is counted when the chin is pulled **above the bar** and returned to the start position **with arms fully extended**.

Pull-Ups: _____

4. BODY COMPOSITION

(If you have access and ability to measure body fat, not weight)

Less than 20% body fat for men. Less than 25% body fat for females.

Yes No Unable to measure

Weight (if not able to measure fat): _____

5. FLEXIBILITY

Stand with feet 10" to 12" apart and legs perfectly straight. Bend at the waist toward the floor. Males should be able to touch the floor with the fingertips, and females should be able to touch the floor with the knuckles of the fist.

Yes No

6. CORE

(Low back, abdominal, and oblique muscle group)

Position a watch or clock for an easy view, and start in the **Plank Position**:

1. Hold **60 seconds**
2. Lift **Right Arm** – Hold **15 seconds**
3. Return right arm to the ground, lift **Left Arm** – Hold **15 seconds**
4. Return left arm, lift **Right Leg** – Hold **15 seconds**
5. Return right leg, lift **Left Leg** – Hold **15 seconds**
6. Return left leg, lift **Right Leg AND Left Arm** – Hold **15 seconds**
7. Return right leg and left arm, lift **Left Leg AND Right Arm** – Hold **15 seconds**
8. Return to the **Plank Position** with elbows on the ground – Hold **30 seconds**

Yes No